

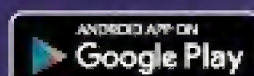
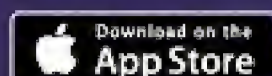


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CANADIANS AND OSTEOPOROSIS



OSTEOPOROSIS IS CHARACTERIZED BY BONE LOSS THAT LEADS TO INCREASED BONE FRAGILITY AND FRACTURES, THAT CAN LEAD TO REDUCED MOBILITY, DECREASED INDEPENDENCE AND CAN IMPACT QUALITY OF LIFE.



Canadians think only **47%** of broken bones after 50 are due to osteoporosis.

IN FACT
AT LEAST **80%** OF FRACTURES AFTER 50 CAN BE ATTRIBUTED TO OSTEOPOROSIS.

Canadians think that bone loss begins around age **45**

IN FACT
BOTH MEN AND WOMEN BEGIN TO LOSE BONE MASS IN THEIR **MID-THIRTIES**.



85% of Canadians don't know that osteoporosis has no symptoms.

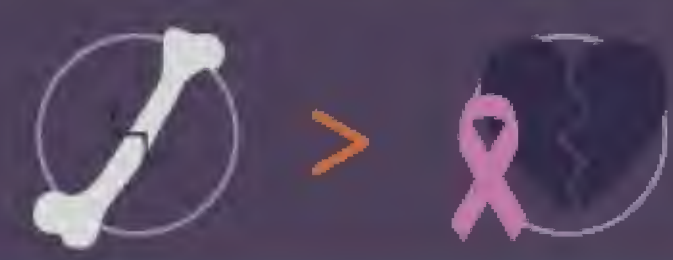
IN FACT
THE FIRST SYMPTOM IS OFTEN A BROKEN BONE.

65% of Canadians don't think osteoporosis is a fatal disease.

IN FACT
OVER **30%** OF PEOPLE WHO SUFFER A HIP FRACTURE **WILL DIE** WITHIN THE FOLLOWING YEAR.

85% of Canadians don't know that osteoporosis fractures are more common than heart attacks, stroke and breast cancer.

IN FACT
FRACTURES FROM OSTEOPOROSIS HAPPEN MORE OFTEN THAN HEART ATTACK + STROKE + BREAST CANCER COMBINED.



52% of Canadians don't know that osteoporosis **can't** be cured.

IN FACT
OSTEOPOROSIS CAN ONLY BE TREATED. THERE IS NO CURE. PREVENTION IS KEY.

66% of Canadians think it's possible to get enough calcium from foods other than milk products.

IN FACT
MILK PRODUCTS NATURALLY CONTAIN **MORE CALCIUM** PER SERVING THAN ANY OTHER FOOD. THEY ALSO CONTAIN OTHER BONE-BUILDING NUTRIENTS SUCH AS PROTEIN, PHOSPHORUS, AND MAGNESIUM.

HOW TO KEEP YOUR BONES HEALTHY



GET ENOUGH CALCIUM-RICH FOODS SUCH AS MILK PRODUCTS.



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*Donations up to a maximum of \$100,000. Survey stats from Ipsos, 2016



Osteoporosis Canada
Ostéoporose Canada



Gender politics rule upcoming Netflix series *The Crown*
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JOHN WOODS/THE CANADIAN PRESS

Winnipeg's UFO expert balances skepticism with curiosity and an open mind metroNEWS

HOMELESSNESS

Threat of winter looming for youth



Braeden Jones
Metro | Winnipeg

As temperatures drop in Winnipeg, the need for donations increases — especially for agencies helping street youth.

Kelly Holmes, executive director of Resource Assistance for Youth (RAY), said every season comes with its own challenges for people experiencing homelessness, but they often need the most help in the winter.

"The thing about winter in Winnipeg is that it's deadly," she said.

Every year is tough, but the last couple of winters have been milder than normal. This year, The Weather Network predicts a "brutal" season.

Holmes explained that dropping mercury creates a "palpable" unease among street youth and a "shift towards depression, anxiety, fear about where they're going to be."

"Some kids migrate ... some end up in British Columbia or warmer places because of our frosty winters," she said. "There's also a lot of couch surfing that goes on right now."

She's putting out a call for Winnipeggers to donate warm socks, blankets, coats, boots, mittens and backpacks — or cash — to RAY or similar groups.

"There's long-term needs, short-term stuff; donations will go along way," she said.



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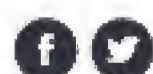
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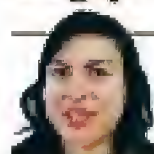
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Sweet success in candy business

HERITAGE

Nutty Club stays at heart of Halloween 113 years on



Jessica Botelho-Urbanski
For Metro|Winnipeg

If anyone ought to be celebrated on Halloween, it's the Can-D-Man.

Since 1903, he's tipped his cap to the people of Winnipeg, usually from his iconic perch on the walls of the Nutty Club offices and factories on Pioneer and Lombard Avenues.

The brainchild of A. E. Scott and James Loughrin Bathgate, the Nutty Club cut its teeth in the city filling a sugar void felt at small convenience stores.

This was long before grocery store chains became the norm, said president Jim Hunt.

Nutty Club was one of the first distributors to package candy, which used to come exclusively in bulk, he added.

Hunt, who's been with the company since 1960, said Halloween isn't their main money-maker these days, with Christmas being much more lucrative.

"Back in 1960, Halloween was a huge time for us. Very, very different than it is today," he said in an interview at the Nutty Club's sample room.

Here, the shelves are stocked with candies past and present, like pearled peanuts, jujubes, scotch mints and Kandy Korn.

Food Club specialty grocery



Jim Hunt, president of Nutty Club, stands among the candy-stocked shelves in the local sample room. You can smell the popcorn and pancake syrup being made at the Nutty Club factory on the corner of Lombard Avenue and Waterfront Drive in the early morning. JESSICA BOTELHO-URBANSKI



items also line one wall with more obscure goods, from pancake syrups, to gravies and smoked oysters.

"When people came to the door (in 1960), a very special person like a kid next door, a little three-year-old or whatever, might have got something of the value of a nickel.

"But the usual kid would get maybe a couple of one-cent

suckers, some (Hershey) Kisses," Hunt said.

"Today, you get chocolate bars, soft drinks. I'm surprised they don't get gift cards to The Keg."

He admits it's been hard for

the Nutty Club to keep up with treat trends over the years.

"The products we're selling today aren't what we sold 50 years ago. It's a constant change," he said.

Still, they're producing more

than 30 kinds of candy, employing 100 people and calling our city home, with sister shops in Regina, Calgary, Edmonton and Delta, B.C.

They've had great success in Western Canada and never saw a reason to leave Winnipeg.

What's his favourite candy? Not the iconic pink popcorn or the liquorice swirls.

He prefers chocolate-covered

almonds or almond bark.

Hunt hopes Winnipeggers will show less restraint than his co-worker come Halloween—to help the Nutty Club stick around another 113 years.

"If they won't buy our products, well...." he trails off for a few seconds. "We'll disappear."

"But fortunately," he replies a moment later. "Some people still like our merchandise."

“The products we’re selling today aren’t what we sold 50 years ago. It’s a constant change. Jim Hunt

“As part of Manitoba’s pork industry it is my job to protect our lakes and streams.”

Tricia Schmalenberg, P.Eng
Environmental Manager, Maple Leaf Agri-Farms

Tricia Schmalenberg

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High time for 'a closer look'

ALTERNATIVE SCIENCE

'UFO guy' long fascinated by unexplained lights in sky

After three decades being known as one of Canada's top UFO experts, Chris Rutkowski doesn't mind a bit of good-natured ribbing now and then.

"People will sometimes give me Marvin the Martian toys for Christmas," says Rutkowski, who researches unidentified flying objects in his downtime from his day job as a University of Manitoba's communications coordinator.

Rutkowski, who is with Winnipeg-based Ufology Research, has long been fascinated by reports of mysterious lights and unusual objects in the sky that defy easy explanation.

"There is a real phenomenon I think is worth scientific study," he says.

"It's something I think people should be talking about. It's a wonderful way to think of the universe, our place in the universe."

His interest was first sparked in the 1970s when he was studying astronomy and calls came in about UFO sightings.

"My colleagues in astronomy were simply not interested. They thought it was simply pointless, or hallucinations, or people were just seeing things, spots before their eyes."

"I was curious what people were actually seeing and experiencing so I took the calls."

Eventually Rutkowski, 57, came to be considered "Canada's UFO guy," giving lectures and

penning several books about the phenomenon.

He says there are more than 1,000 UFO reports in Canada a year.

He figures about 95 per cent of the sightings he investigates can be explained. The strange objects often turn out to be airplanes, satellites, fireballs or — more recently — drones.

For the rest, there's nothing to suggest that otherworldly visitors are responsible — as tempting an explanation as that may be for some.

"There's no incontrovertible evidence that aliens are visiting us, although it's a wonderful theory."

Lately, Rutkowski has been hearing more reports from people claiming they've been in contact with aliens.

"There's no proof of that and it's very, very prevalent that people are believing things that seem very, very far-fetched."

Rutkowski says those sorts of claims tend to spike during tumultuous times in world history — amid mounting Cold War anxieties in the 1950s, for instance.

"The world seems so overwhelming and life seems so impossible. People are worried about what will happen in their lives ... (so) they're looking for creatures from elsewhere to come and save them," he says.

"That's wonderful wishful thinking, but it's not really helping the scientific analysis of this phenomenon."

Rutkowski's current work delves into historical UFO sightings. He's been digging into government, police and military documents from the last half century.

The 50th anniversary is coming up next year for two of the best-known unexplained Canadian cases: accounts of an unusual, lit-up object crashing into the water off Shag Harbour, N.S., and a prospector who suffered burns during a reported encounter with mysterious discs in Falcon Lake, Man.

Most UFO reports come from big population centres, but a statistically disproportionate amount tend to come from the North and the Maritimes.

Rutkowski doesn't know why that is — perhaps an avenue for future research.

He says the snapshot it provides of society is almost as fascinating as the UFO phenomenon itself.

"If there isn't a physical phenomenon, there's at the very least a psychological or a sociological phenomenon, and in any of those cases, science really should be taking a closer look at the UFOs."

THE CANADIAN PRESS



People are worried about what will happen in their lives so they're looking for creatures from elsewhere to come and save them. Chris Rutkowski



Alien expert Chris Rutkowski is with the Winnipeg-based Ufology Research. THE CANADIAN PRESS



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Conjugal visits help offenders reintegrate

JUSTICE SYSTEM

Program increases public safety, experts say

Lee Chapelle has fond memories of spending afternoons with his wife in the mid-1990s, barbecuing in a small yard while his young children played in the grass and mimicked the cows' moos as the animals grazed in a nearby field.

Were it not for the five-metre, barbed-wire penitentiary fence interrupting the view, the scene could easily have been mistaken as an everyday family experience.

Between 1991 and 2010, Chapelle spent about 15 years

behind bars for property theft. On more than a dozen occasions over that period, his young family was able to spend as many as three days at a time living with him.

The stays are linked to a long-standing program aimed at increasing the chances of inmates successfully reintegrating into society after their release.

"It was a really big motivation to come home to my family to be able to spend time with my newborn baby and realize just how much was out there and just how much I wanted to be with them," Chapelle said.

Some experts say Canada's so-called private family visit program, which began in 1980 as a pilot project, plays an important role in rehabilitating offenders, and also provides corrections officers with a

useful tool for encouraging good behaviour from inmates.

The program has received recent attention after a media report that Kelly Ellard, a notorious killer in British Columbia, is eight months pregnant following a conjugal visit from her boyfriend.

Lisa Kerr, a law professor at Queen's University in Kingston, Ont., said the program recognizes that the majority of federal inmates will be released and that it is in society's best interest to make that process as successful as possible.

"Close personal relationships are part of what makes people have hope about their future and gives them reason to invest in their correctional programming and move towards a release plan," she said.

THE CANADIAN PRESS



Lee Chapelle and his wife Christine Jones, daughter Lindy-Ann and son Kyle Lee, sit on a couch inside a "trailer" at Joyceville Penitentiary on their wedding day in June, 1992. THE CANADIAN PRESS

NOVA SCOTIA

Charges could be laid in deadly hunting accident



Zane Woodford
Metro | Halifax

Police in Nova Scotia say it's too early to rule out charges after a 52-year-old man from Halifax was killed in a hunting incident that took place on Big Tanook Island in Mahone Bay.

"Two individuals were out hunting deer when one was shot," said RCMP spokesperson Cpl. Andrew Joyce, who said the

two men knew each other, but were not out hunting together.

Asked whether charges were expected, Joyce said it's too early in the investigation to say, but added that police would be looking into firearm charges.

He said the man involved is being co-operative, and was questioned and released over the weekend.

Joyce wouldn't say incidents like these are common, but said "it does happen from time to time."

NEWFOUNDLAND

Unpaid fees ground plane

A commercial jet was grounded at the airport in St. John's under a court order preventing takeoff until National Airlines takes care of the payments it owes the airport authority.

St. John's International Airport Authority issued a statement on Sunday saying the Boeing 757 aircraft has been sitting idle since Friday and will not leave until the operator pays its outstanding fees.

THE CANADIAN PRESS

BRITISH COLUMBIA

Indigenous adults shamed from speaking languages are key to revival

There's a generation of indigenous people across Canada who were once shamed for speaking their own language.

Now, people who didn't learn their mother tongue from their parents are key to saving and revitalizing the languages, British Columbia researchers say.

Two University of Victoria indigenous languages experts whose own parents did not speak their aboriginal languages at home are moving to bridge the language gap with a mentor-

apprentice program that teaches adults.

"There were generations of people, my parents and grandparents, who were sent to residential school and forbidden to speak their language and beaten and shamed and ridiculed and punished in all sorts of awful ways," said Peter Jacobs, a Uvic linguist and fluent speaker of his Squamish Nation language.

"A lot of those people who came out of that school system chose not to teach their children

the language," he said. "My dad doesn't speak Squamish as his first language for that very reason. That caused a big disruption."

The program focuses on adults learning an indigenous language by being paired with a fluent speaker who is a mentor. The teacher and student are immersed in a curriculum where classes could involve hunting expeditions or family chores but are conducted entirely in the indigenous language.

THE CANADIAN PRESS

Italy's 'soul is disturbed'

NATURAL DISASTER

Powerful quake strikes at nation's identity

The third powerful earthquake to hit Italy in two months spared human life Sunday, but struck at the nation's identity, destroying a Benedictine cathedral, a medieval tower and other beloved landmarks that had survived the earlier jolts across a mountainous region of small historic towns.

Lost or severely damaged in the shaking were ancient Roman walls, Gothic and Baroque churches and centuries-old paintings crushed beneath tons of brick, sandstone and marble.

Italian Premier Matteo Renzi said the nation's "soul is disturbed" by the series of quakes, starting with the deadly Aug. 24 event that killed nearly 300 people, two back-to-back temblors on Oct. 26, and the biggest of them all, a 6.6-magnitude quake that shook people out of bed Sunday morning. It was the strongest quake to hit Italy in 36 years.



An aerial view of the destroyed town of Amatrice as an earthquake with a 6.6 magnitude struck central Italy on Sunday. THE ASSOCIATED PRESS

There were no reports of fatalities — a fact attributed to the evacuation of sensitive areas and fragile city centres. Some 3,600 people had been moved to shelters, hotels and other temporary accommodations after last week's quakes. Many who stayed behind were sleeping in campers or other vehicles, out of harm's way.

Renzi vowed to rebuild houses, churches and businesses, saying, "a piece of Italian identity is at stake at this moment."

"Feeling the earth collapse

beneath your feet is not a metaphorical expression, but it is what happened this morning, and half of Italy felt this," Renzi said.

The quake struck another painful blow to the rich artistic heritage of villages that dot the Apennine Mountains.

The worst damage was reported in Norcia, a town in Umbria closest to the epicenter. Two churches were destroyed — the 14th century Basilica of St. Benedict, built on the traditional birthplace of St.

Benedict, founder of the Benedictine monastic order, and the Cathedral of St. Mary Argentea, known for its 15th century frescoes. Only the cracked facades were still standing, with most of the structures disintegrating into piles of rubble and dust.

Television images showed nuns rushing into the main piazza as the bell tower appeared on the verge of collapse. Later, nuns and monks knelt in prayer in the main piazza. A firefighter appealed to a priest to help keep residents calm in

an effort to prevent them from looking for loved ones.

When the quake struck, nuns from the Saint Mary of Peace monastery in Norcia were praying and singing hymns. The shaking caused their building to collapse and badly damaged their sleeping quarters. Later, firefighters escorted them back inside to retrieve holy books. Then an aftershock hit.

"But we had courage, because we were in our house and the Lord protects us," one nun said.

THE ASSOCIATED PRESS



This handout released by Italian broadcast channel Sky Tg24, shows firefighters helping nuns in Norcia after the quake on Sunday. SKY TG24/AFP/GETTY IMAGES

E-MAILS

Clinton stays on course

Hillary Clinton vowed Sunday that she would not be "knocked off course" in the election's final days, as she sought to push past a new FBI e-mail inquiry in a sexting probe that delivered a late jolt to her race against Republican Donald Trump.

"I'm not stopping now, we're just getting warmed up," Clinton declared during a packed rally with gay and lesbian supporters in battleground Florida. "We're not going to be distracted, no matter what our opponents throw at us."

Trump campaigned in Las Vegas at a casino owned by billionaire GOP megadonor Sheldon Adelson and accused the justice department, without offering evidence, of trying to protect Clinton following the FBI's discovery of new e-mails that could be related to its investigation into Clinton's use of a private e-mail server.

Clinton's advisers and fellow Democrats pressured FBI Director James Comey anew to release more details about the e-mails, including whether Comey had even reviewed them himself. The message was aimed at gathering more information about what the bureau is seeking from a computer that appears to belong to disgraced former New York Rep. Anthony Weiner, the estranged husband of Huma Abedin, one of Clinton's closest advisers.

THE ASSOCIATED PRESS

FRANCE

Makeshift migrant church in Calais holds final service

With poignant prayers, scores of migrants attended the final service Sunday at a makeshift church in what remains of the squalid camp in the French port of Calais.

Mainly Eritrean migrants

squeezed into the service at a small Orthodox church erected at the camp that has come to epitomize Europe's struggle to absorb migrants and refugees.

The church is one of many handmade structures — includ-

ing mosques, schools and shops — that demonstrated the migrants' enterprising spirits and offered them solace amid hardship.

French authorities are evacuating the residents of the so-called "jungle" and razing its tents and

shanties, which housed up to 10,000 people at its height. The slum-like conditions at the camp became an embarrassment to the French government, which is now relocating its residents to sites around France and urging

the British government to do more to help.

Calais, a gateway to the English Channel, has long been a magnet for migrants from the Mideast and Africa seeking to reach Britain. THE ASSOCIATED PRESS

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Canada, Europe sign free trade deal at last

ECONOMY

Trudeau says the 'work is only just beginning'

Prime Minister Justin Trudeau revelled in a long-awaited moment Sunday as Canada's free trade deal with the European Union was signed, but not before recognizing the challenges ahead to bring it fully into force.

Trudeau expressed hope that the so-called provisional application of the deal — approved only by the Canadian and European parliaments but not Europe's 28 states and myriad regional governments — might happen within months.

That, said Trudeau, would result in 98 per cent of the deal coming into force. That's much higher than the 90 per cent estimate that most European and Canadian officials have said would accompany provisional



European Commission President Jean-Claude Juncker, Canadian Prime Minister Justin Trudeau and EU Council President Donald Tusk at the signing ceremony of CETA at the European Council in Brussels on Sunday. AFP/GETTY IMAGES

application of the Comprehensive Economic and Trade Agreement, known as CETA.

Trudeau had initially expected to sign the deal in Brussels days ago, but the restive Belgian region of Wallonia nearly killed it because its opposition to the pact's investor-state dispute settlement mechanism

gave it a veto under Belgium's complicated constitution.

After seven arduous years of negotiation, Trudeau joined presidents of the European Council and European Commission, Donald Tusk and Jean-Claude Juncker, and signed the massive 1,600-page pact and its accompanying strategic partner-

ship agreement.

The road to full ratification remains long. After Trudeau and his EU counterparts took a moment Sunday to revel in the milestone, the prime minister was willing to acknowledge it would take more than ceremony to fully ratify the deal.

"The work is only just beginning right now," Trudeau said. "It's not just signing the accords, as difficult and important as that is. It's ... the follow-up, that we continue to demonstrate and give tools to small and medium-sized businesses."

With the Liberals and Conservatives both favouring the deal, its approval will sail through Parliament.

But Europe is another matter. The European Parliament must approve CETA, with approval expected to come in early 2017. However, the deal must be ratified by the EU's 28 countries and several more smaller regional governments such as Wallonia.

THE CANADIAN PRESS

TELECOMMUNICATIONS

'Zero rate' hearings may shift data plans

Canada's telecom giants go head-to-head this week at hearings that could result in a dramatic change to the way Internet is delivered across the country.

The hearings are being held as new figures show Canadians' appetite for data is ballooning.

The Canadian Radio-television and Telecommunications Commission review, being held in Gatineau, Que., stems from a complaint about Quebecor-owned Videotron over the way it bills customers for the data they use.

The company launched an unlimited music streaming service in August 2015, allowing its customers to stream music from specific third-party services without it counting

toward their monthly data cap, a practice dubbed as zero rating, also known as differential pricing.

The Public Interest Advocacy Centre complained the new service allowed Videotron to discriminate against other music-streaming services that were still subject to data usage fees.

Major service providers including BCE Inc. and Telus Corp. are in favour of the practice, arguing it results in more choice.

Rogers Inc., on the other hand, calls zero rating discriminatory, saying it limits competition.

The CRTC's annual Communications Monitoring Report for 2016, issued last week, gave weight to the importance of the data cap hearings. It revealed that the average amount of data downloaded by Canadians has skyrocketed, with broadband usage increasing 40 per cent from 2014 to 2015, and Canadians downloading an average of 93 gigabytes monthly. Mobile data usage saw an increase of 44 per cent. THE CANADIAN PRESS

93

The CRTC's report says Canadians download an average of 93 GB per month, with mobile data use rising by 44 per cent.

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URBAN ETIQUETTE ELLEN VANSTONE



Dear Ellen,

I'm 33 and my boyfriend is 40. He's the greatest guy I've ever met and no one has treated me better. I have a long history of awful boyfriends and failed relationships. So when I met him I was done with romance and only wanted friendship. I knew he didn't want kids (he has a 10-year-old and had a vasectomy) but since we were just friends, I was not thinking babies.

Then I fell in love with him. Now, after two years, all I want is a baby with him. I tried to end things and meet other guys but it didn't feel right and the guys I met didn't compare so we got back together. The time we spent apart made me realize I don't want kids just for the sake of having kids (or I would have kids already). I want a baby with him. I don't want to pressure him but I'm 33 and I'm so ready and I love him! I don't know what to do. Signed, So Confused

Dear So Confused,

Wow. You're in a tough situation and I feel for you. I'm not the sort of person who thinks everyone should have kids. But for people who unequivocally want to reproduce, being denied that experience can feel truly tragic.

If you were desperate to have a baby with or without this guy, I'd say go ahead, put your cards on the table, and let the chips fall where they

Using emotional manipulation to pressure your boyfriend into parenthood is not considerate or polite.

THE QUESTION

I knew my boyfriend didn't want kids, but now all I want is a baby with him. I don't want to pressure him. What should I do?

How much of what I want
am I willing to sacrifice
in favour of
what you want?



Ant Castille

may relationship-wise.

But your situation is a little different, since you say you don't want a baby for its own sake, but only if you can have one with him. I get that too. Unconditional love for your very own small mammal is a wondrous experience, and sharing that love is a joy you can't overestimate. But it does make your situation more difficult.

No doubt your friends have offered much useless advice. Count your blessings and settle for the relationship you've got. Or: If you have a baby, there's no guarantee you'll stay together and then you'll end up being a single mom instead of a woman in a relationship with the world's

most perfect guy. Or: Get a dog. Etc.

I actually agree with all those suggestions. But I also sense you're in no state to accept them. So I'll be more practical.

In terms of etiquette, the answer is simple. Using emotional manipulation to pressure your boyfriend into parenthood (whether it's via vasectomy reversal or adoption) is not considerate or polite. Nor, I hope it goes without saying, is physical force. Rendering your boyfriend unconscious and hiring a back-alley doctor to secretly perform a vasectomy reversal is an absolute etiquette no-no.

Note also that emotional blackmail, like most morally

indefensible behaviours, is never pragmatic. You could get a baby out of it, but the negative impact on your relationship might be irreversible and regrettable.

Assuming you have openly and thoroughly discussed this with your boyfriend, your choice seems to come down to: a) staying with him and not having a baby; or b) leaving him and not having a baby.

Either way, you're going to have to come to terms with some disappointment, and the sooner you deal with that, the happier you'll be in the long run.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA



Meet the millennials who are not so thrilled with Trudeau's first year

Last week, young protesters at the Canadian Labour Congress turned their backs on Justin Trudeau. I asked two young people — Zoe Luba, 22, a community organizer for the Association of Community Organizations for Reform Now (ACORN) of B.C., and Jerilynn Webster, 32, a rapper from Vancouver — to talk about how Trudeau was doing with young people.

Vicky: What did you think of the protesters?

Jerilynn: Justin Trudeau promised a lot of things and hasn't followed through or has been silent on issues. I really feel like young people are allowed to speak out against him. He hasn't been true to his word, especially through environmental issues like the Site C Dam approval and the LNG approval. Young people are very knowledgeable on climate change and the issues of what's happening in their communities.

Zoe: Any dissent from the status quo should be cherished. It takes a lot to put yourself out there and do something big like turning your back on the prime minister of Canada. It could lead to a lot of backlash.

Vicky: Do you share that sense of disappointment that people are now expressing?

Jerilynn: Yes. (Trudeau's) persona shines so bright. When he was approving projects that affect our environment — not just for First Nations but for all people —

that's where the disappointment came in.

Zoe: I appreciate that he's going to First Nations reserves or marching in Pride but I hope that he recognizes that he's only doing those things so the next prime minister actually comes from those identities.... He paves the way. It's easier for him as a white straight cis man to do that. I hope he recognizes that.

Vicky: He's the minister for youth but he's ultimately the prime minister for the next three-plus years. What do you hope to see in Year 2 of his prime ministership?

Jerilynn: There need to be more programs for young people who want to be connected to their culture. I'm talking specifically about indigenous youth. There's a state of emergency for indigenous youth because they're committing suicides at high rates.... Residential schools took away our cultural songs, dances, ceremonies, land and language. So increasing indigenous language funds and youth programming that is connecting youth to those things that residential schools and the Canadian government took from indigenous people.

Zoe: Are we talking about realistically or in a perfect world? In a perfect world, he should remove Canada from the global capitalist system. But is that actually going to happen in the next three years? No.

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Long may she reign on Netflix

TELEVISION

Biographical series *The Crown* hits all the right notes

Shinan Govani
For Torstar News Service

The Crawleys have nothing on the Windsors.

That was just one of my ascendant thoughts when making my way through the lavish new series *The Crown*, making its world premiere on Netflix Nov. 4.

Though many are a-purr about it being a substitute show for those who miss their regular dosage of Julian Fellowes — *Crown-ton Abbey*, if you will — it is and isn't.

Yes, you've got all the trappings of period porn — the jewels! The getups! The table-settings! A scene of galloping horses running along the sea against a soupy grey sky right out of a J.M.W. Turner water-colour!

And yet, this 10-part Netflix

offering — written by Peter Morgan, who also scripted *The Queen*, with Helen Mirren — is more like the stepchild spawn of *Downton Abbey* and *House of Cards*.

Where *Downton* was always a Ferrero Rocher of a series — a place where family and hearth ruled the day, where even sad-emoji storylines saw love triumph and goodness reign — *The Crown*, tracking the earliest years of Queen Elizabeth II — is a darker chocolate still.

Its core subject is power — be it gender politics (a girl at 25 years old becoming, in 1952, the most famous woman in the world), the chessmanship of palace courtiers, the see-saw between her and Winston Churchill (who's in the winter of his life — and the first of 13 prime ministers, and counting, she'll come up against).

Another thing: in the way in which *The Crown* leeches off far-away-but-not-too-far history, it's the best such series since *Mad Men*, with some of the same nuance and empathy. (There is, for instance, one fabulous scene involving the elaborate pantomime involved in connecting phone lines, in an attempt to put in a call from the Queen's sister, Princess Margaret, to Her Majesty.)

And, OK, while I'm comparing other shows, let's just say that the way in which *The Crown* throbs with the tensions of social codes, broken at the breaker's peril — not to mention the insidiousness of emotional repression — it's dicier that anything you'll see on *The Walking Dead*.



Claire Foy nails the role of Queen Elizabeth II in both her girlishness and her steeliness, while bringing us the origin story of a woman who's been famous for longer than any other on earth. CONTRIBUTED

OBSERVATIONS FROM THE CHEAP SEATS

1 Households, meet names

The ensemble is top-notch, *The Crown* providing a fresh crop of names we're going to be seeing a fair amount in the celebrity ecosystem. Claire Foy's eyes do a lot of work here, her Elizabeth II never better than when she is watching and being watched.

Matt Smith, who plays Prince Philip — the one-time navy cadet who must deal with kneeling to her at the coronation — is also a standout.

2 Sister, sister

Whatever psycho-warfare that went forth between Mary and Edith in *Downton Abbey* looks like positive child's play compared to the pas de deux between the Queen and her sis, Margaret, in *The Crown*. The latter, who eventually begins lashing out against the monarch both to her face and through subtle digs through the press, has to live in the Queen's proverbial shadow. Vanessa Kirby, who plays Princess Margaret, is on point.

3 In exile, a former king

The first few episodes of *The Crown* are best viewed as kind of sequel to *The King's Speech*. It all gets going, that is, with King George VI, played by Jared Harris, on the throne, his health slowly fading.

Meanwhile, the ghosts of a previous world-stopping scandal — when Edward VIII abdicated the throne some 16 years prior in a desire to marry American divorcee Wallis Simpson — looms in the corners. Both Edward and Wallis show up, and the two of them begin acting as a kind of Greek Chorus on the goings-on at Buckingham Palace. The hate, meanwhile, is mutual.

CORRECTION

Incorrect information appeared in the Friday, Oct. 28 Netflix horror movie roundup. Only three of the listed films are streaming in Canada. A new list has been posted at metronews.ca. METRO

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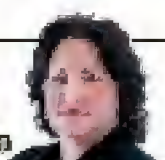
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Caviar dreams on a tuna budget

SPENDING

The lure of the label is causing many to go into debt

Gail Vaz-Oxlade
For Metro Canada



There's a trend among folks to define themselves by the brands they buy. The people fall for brand names, and they fall hard, whether it's a designer handbag or a hot new piece of technology.

It seems these people's self-esteem is less about what's inside and more about how they can get other people to admire — or is it envy — them.

Designer labels were once the domain of the wealthy, but easy access to credit has



Buying based on the label is not a smart idea, advises Gail Vaz-Oxlade. iStock

let people buy crap with a label they really can't afford and still pay their rent.

If they had to choose, I wonder how many would have opted to spend their monthly food allowance on a high-priced brand? But later, as their disposable income is eaten by monthly payments, they beat their breasts and wail about the mess they've made.

So why are people willing to go into debt for the dubious pleasure of saying that they own a specific brand? Could the lure of the label be more than just a case of "Wannabe Wonderful"?

From the Institute of Education at National Sun Yat-Sen University in Taiwan comes research that demonstrates brands matter to people's egos. And it's not just the young who are susceptible. In

one experiment, seniors were asked to compose resumes on Macs, some with generic keyboards and some with Apple accessories. Y'know what? Those assigned to the computers with generic accessories expected to make less (\$976) than those who used the Apple accessories (\$1,071). What's up with that?

In a second experiment, after completing complicated dating profiles, students were given the phone number of their "match" and a phone in which the battery was dead. Researchers gave half the students a generic replacement battery and the other half a brand-name battery. After five-minute phone calls, students were asked to rate, on a scale of 1 to 7 (1 being "least attractive" to 7 being "very attractive"), how they thought their matches would

rate them. Those using the generic product rated their attractiveness at an average of 3.7; the brand-name group rated themselves at 4.6.

Have we become so brand-focused that the kind of battery we use impacts our self-perceptions? Wow.

And how do we protect our children from this phenomenon? I know I don't want either of my kids to believe that they can buy a sense of self. I want that sense of who they are to come from what they achieve and how they interact with the world. I want them to know who they are. I want them to be happy and I want their stuff to play no role in defining them.

For more money advice, visit Gail's website at gailvazoxlade.com

MONEY

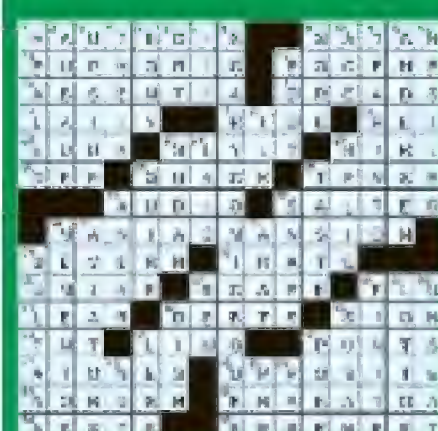
Making choices

Are you a brand hound? Does the label matter so much that you wear it like a badge of honour? And do you spend money you could be saving for your future to impress others and, perhaps, yourself? Some brands come with quality assurance. Some are simply a signal to others that you're special because you can afford the label. But if you can't actually afford the label — if you're buying anything on credit — then the image you're creating is a lie. And you should stop lying, at least to yourself.

GAIL VAZ-OXLADE/FOR METRO

PLAY Friday's Answers

from your daily crossword and Sudoku

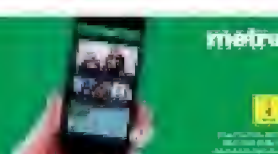


4	3	5	7	6	2	1	8	9
1	8	2	5	9	4	3	7	6
9	6	7	1	8	3	5	2	4
6	9	8	4	2	5	7	1	3
2	1	3	9	7	8	6	4	5
5	7	4	6	3	1	2	9	8
3	2	1	8	5	9	4	6	7
8	5	6	2	4	7	9	3	1
7	4	9	3	1	8	8	5	2

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ROBERTSON COLLEGE

Okposo brace sinks Jets

NHL
Lehner stars in Sabres' goal keeping hosts' attack at bay

Winnipeg struggled against a hot goalie and strong forecheck Sunday as Kyle Okposo's two goals lifted the Buffalo Sabres past the Jets 3-1.

The Jets outshot Buffalo 38-28 but only managed to get one past Robin Lehner in the third period. "I thought we did a really good job angling our third guy when they were able to come out of the zone," Okposo said. "I thought we did a good job shutting their rush down, shutting their chances down."

Sabres coach Dan Bylsma likes the way his team has regrouped after a 4-3 shootout loss in Philadelphia on Thursday, when they gave up a three-goal lead in the third.

"I do think we have to have learned a lesson from the Philadelphia game," he said.

Penalty killing was a big part of the win, with the Sabres giving up six power plays to Winnipeg's one, including two in the third period when the Jets attempted a comeback.

Okposo came out of the penalty box in the first, then regained control of his own blocked shot at 10:51, driving it over the shoulder of Jets netminder Michael Hutchinson to get things started.

Brian Gionta made it 2-0 on a loose puck less than two minutes later in the first, and at



Buffalo Sabres goaltender Robin Lehner of Sweden makes a save off Winnipeg Jets forward Mathieu Perreault.
 THE CANADIAN PRESS/JASON HALSTEAD

13:59 of the second Okposo beat Hutchinson again, this time high on his stick side, to make it 3-0.

That was enough for Jets coach Paul Maurice, who replaced him with Connor Hellebuyck. "It is what it is," Hutchinson said. "You try and help the team win. It doesn't matter who is in the net every given night." Nikolaj Ehlers finally scored for Winnipeg at 4:49 of the third. Sunday was the fourth game in six days for the Jets (4-5-0) but they had a day

SUNDAY in Winnipeg

3

SABRES

1

JETS

off after back to back wins — including a 1-0 shutout against Colorado on Friday when Hutchinson posted his first shutout of the season.

Lehner was impenetrable through two periods, although the Sabres (3-3-2) gave up four

power plays to the Jets through the first 40 minutes.

"Obviously their goalie was good but we had some good chances that we could have put in," Ehlers said. "Hopefully the next game they go in."

Winnipeg stayed out of the penalty box until early in the third but Buffalo had trouble getting off a shot on the ensuing man advantage until there were only a few seconds left.

The Jets and Sabres pulled off a major trade last season, but only two players involved

in that deal were on the ice Sunday. Winnipeg acquired forwards Drew Stafford and Joel Armia, defenceman Tyler Myers, plus draft picks last February for forward Evander Kane, defenceman Zach Bogosian and goaltender Jason Kasdorf.

Stafford, Myers and Kane all sat out with injuries. Both teams get a day off Monday before the Jets host the Washington Capitals and Buffalo visits the Minnesota Wild on Tuesday night.

THE CANADIAN PRESS

NFL
Overtime comedy of errors

SUNDAY in London

27

REDSKINS

27

BENGALS

The Washington Redskins and Cincinnati Bengals played to a 27-27 draw Sunday in London as the NFL got its second tied game in a season for the first time since 1997.

The sold-out crowd of 84,488 at Wembley Stadium left deflated and even puzzled as the regulation-time shootout between Kirk Cousins and Andy Dalton turned into an overtime comedy of errors. "It definitely feels more like a loss than a win, because we moved the ball so well and had so many opportunities to win," Cousins said.

Washington (4-3-1) appeared to have the game won with 2:13 left in overtime, but Dustin Hopkins hooked his 34-yard field goal attempt wide left.

Hopkins, whose first overtime attempt sailed smoothly through the uprights but was negated by a last-second Bengals timeout, appeared calm and unruffled in the locker room. Hopkins was also badly short on a 55-yard attempt at the end of the first half.

The Redskins got the ball back with 1:11 remaining when Dalton fumbled at the Bengals 47 on a quarterback sneak. Cousins couldn't connect downfield and tossed his final desperate pass tamely into the sideline to preserve the draw. Cincinnati is 3-4-1.

THE ASSOCIATED PRESS

CFL
Als prevail to deprive Stamps of win record

Alouettes quarterback Rakeem Cato threw for 113 yards and a touchdown and ran for another 75 yards as Montreal stunned the league-best Calgary Stampeders 17-8 on Sunday.

Vernon Adams threw for 106 yards for Montreal (6-11-0) before leaving the game with an injury at the start of the third quarter. Wide receiver Tiquan Underwood had 77 receiving yards and a touchdown.

QB Drew Tate went 22 for 37 for 218 yards and two intercep-

SUNDAY in Montreal

17

ALS

8

STAMPS

tions for Calgary (15-2-1), which had its 14-game winning streak snapped.

The Stampeders, who hadn't lost since June 25, also failed to tie the single-season CFL wins record.

THE CANADIAN PRESS

IN BRIEF

Johnson aims to tie record

A slot in NASCAR's record books is absolutely in reach for Jimmie Johnson.

Johnson earned one of four coveted spots in next month's title-deciding season finale on Sunday when he scored his ninth career win at Martinsville Speedway. The six-time NASCAR champion will race for his seventh championship, which would tie him for the all-time record with Richard Petty and Dale Earnhardt Jr.

THE ASSOCIATED PRESS

WORLD SERIES
Ticket prices falling with Cubs on brink

A pair of World Series losses for the Chicago Cubs led to a drop in the asking prices for Game 5. About 4-1/2 hours before the scheduled start of Sunday night's game against Cleveland, asking prices on StubHub started at \$748.

Before Game 3 at Wrigley Field on Friday, the lowest asking price was \$1,019. The Indians led the Series 3-1, needing one win for their first title since 1948.

Atmosphere outside the

century-old North Side ballpark also was dampened, with only a few people outside Murphy's Bleachers rather than a lengthy line.

After a pair of relatively warm days, the temperature had dropped into the low 50s Sunday afternoon with a stiff wind. The Cubs last won the Series in 1908.

THE ASSOCIATED PRESS

Go to metronews.ca for coverage of Game 5



Redskins running back Rob Kelley eludes George Iloko.
 TIM IRELAND/THE ASSOCIATED PRESS

RECIPE Roasted Pepper Penne



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

You know when you don't have time to make dinner? This is the meal you make. Enjoy the sweetness of roasted peppers, creamy cheese and satisfying pasta.

Ready in 25 minutes

Prep time: 10 minutes
Cook time: 15 minutes
Serves 6

Ingredients

- 500g penne
- 4 peppers (red, yellow and orange)
- 2 shallots, sliced
- 1/4 cup olive oil, plus 1 tbsp
- salt
- 1 large clove garlic
- pat of butter
- 1/2 cup shredded Asiago cheese (you can use parm too!)
- handful basil leaves, chopped

Directions

1. Preheat oven to 400 and

prepare baking sheet with non-stick spray.

2. Dice peppers into bite-sized pieces and slice shallots into strips. Toss with 1 Tbsp of olive oil and salt. Roast in the oven until tender and browned, about 15 to 20 minutes.

3. In a big pot of salted water, prepare pasta according to package directions. Before draining, reserve 1/4 cup of pasta water.

4. Place drained pasta back into pot over no heat. Stir in reserved water, about 1/4 cup oil and butter. Using a micro plane, grate clove of garlic into the pasta. (while the pasta is hot so it cooks the garlic a bit.) Stir in the roasted peppers and cheese.

5. Stir in basil and then sprinkle the top with a bit more cheese, serve and enjoy!

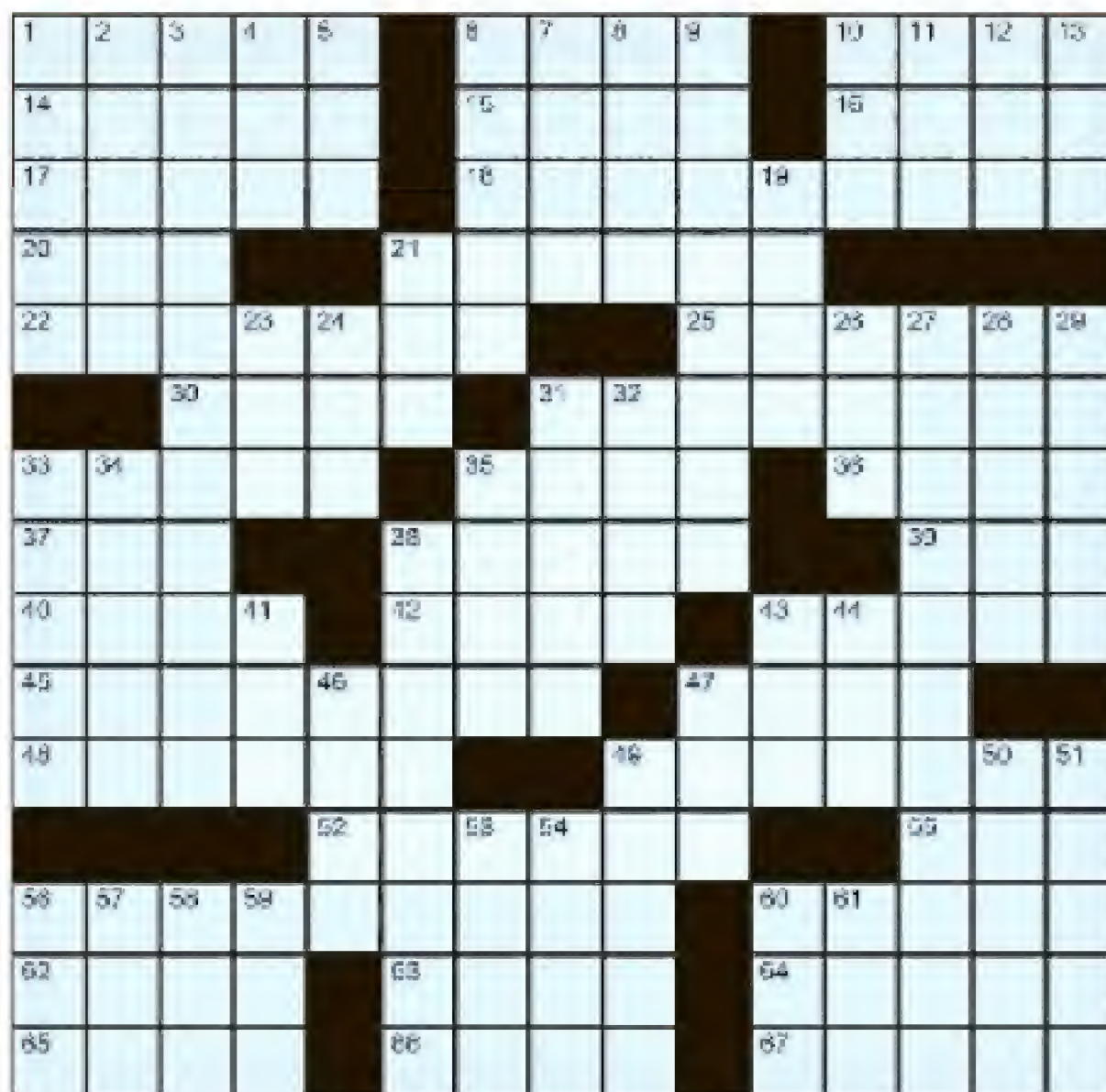
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BY KELLY ANN BUCHANAN

ACROSS

1. ___-lantern
6. Diane of "Something Wicked This Way Comes" (1983)
10. Mr. Stoker
14. Mistake
15. Tell ___ (Deceive)
16. Creature in Jodie Foster's 1991 thriller
17. Rendezvous
18. "Halloween" (1978) star Donald
20. Faucet
21. False
22. Fred of "Ghost Story" (1981)
25. Halloween costume
30. Sky toy
31. Vampire's favourite colour: 2 wds.
33. "All kidding ___"
35. Cruel
36. Hunting
37. Ancient 300
38. Torch's topper
39. Not 'neath
40. "Happy Birthday to Me" (1981) dessert
42. Skeleton's forearm
43. Harold of "Ghostbusters" (1984)
45. Shakes with fear
47. ___ and gore
48. ___ killer
49. Ellen of "The Exorcist" (1973)
52. Appearances
55. Promise to pay
56. 2002 horror about a giant prehistoric killer shark
60. Not slashed
62. Wickedness
63. Flemish painter, Jacob van ___ the Elder



64. Some sharks
65. Samhain celebrator
66. Utmost degrees
67. Annoying

DOWN

1. Volkswagen model
2. Tapestry

3. "Monster Mash" bit: "...with their vocal group, 'The ___ Five'"
4. Initials-sharers of Black Sabbath's famous lead singer's daughter
5. Supper fragment

6. Oversight
7. Ballet move, Pas ___
8. Prie-___ (Prayer bench)
9. Sci-Fi horror of 1983 directed by David Cronenberg, based on Stephen King's novel, with The: 2 wds.
10. Wheat: French

11. Sprinted
12. "The Walking Dead" US ailer
13. British honour [acronym]
19. "Weeell?"
21. 'Post' opposite
23. Help
24. 'Meteor' suffix
26. Pros in 1982 horror

- flick "Visiting Hours"
27. Wich transports
28. "Able was ___ saw Elba." (Palindrome)
29. Broadway star Linda's of Jekyll & Hyde
31. Jelly ___ (Sweet treats)
32. Priest of Tibet
33. Bank customers have them, e.g.
34. Frighten
35. "Miss" in Paris [abbr.]
38. Werewolf's illuminator: 2 wds.
41. Record co.
43. Sci-Fi play
44. French actress in "The Da Vinci Code" (2006) ...her initials-sharers
46. Release-from-the-slammer payment
47. "Psycho" (1998) director Mr. Van Sant
49. Tendencies
50. "Did you survive?": 2 wds.
51. Pecan-ish
53. Just ___ on the map
54. "Fancy that"
56. Li'l garage worker
57. All Hallows' ___
58. Mr. Bellows of "House at the End of the Street" (2012)
59. Carol of 2004 TV movie "Snakehead Terror"
60. MLB official
61. Scottish turn-down

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You have lots of energy today to attend to banking needs, as well as anything related to shared property and inheritances. You will defend your own best interests, that's for sure.

Taurus April 21 - May 21
Discussions with partners and close friends will be lively today! You also will attract energetic people.

Gemini May 22 - June 21
You can get a lot done at work today because you're on the ball and full of energy! A female co-worker might help you. Do whatever you can to get better organized.

Cancer June 22 - July 23
This is the perfect day for Halloween because the Moon is in Scorpio. (Boo!) Scorpio is all about skeletons, spiders, snakes, secrets and scary moments!

Leo July 24 - Aug. 23
Your interaction with a family member will be powerful today. Quite likely, this person will be a female. Just go with the flow and be agreeable. (Wear a mask if necessary.)

Virgo Aug. 24 - Sept. 23
Short trips, errands and conversations with others will make this a busy day. Parents will get out with their kids to go trick-or-treating.

Libra Sept. 24 - Oct. 23
You have good moneymaking ideas today, which is why you should give them some serious thought. Some of you will think of ways to make home improvements.

Scorpio Oct. 24 - Nov. 22
Today the Moon is in your sign, which gives you lots of energy for Halloween stunts. Believe it or not, Halloween is a Scorpio holiday. (Who's behind that mask?)

Sagittarius Nov. 23 - Dec. 21
You will enjoy being in costume today, because Venus is in your sign. Sagittarians love all kinds of holidays, because they're an excuse for fun and good times!

Capricorn Dec. 22 - Jan. 20
Your interaction with a female friend will be fun and energetic today! Get into the spirit of things. Hand out some candy to the kids in your neighborhood.

Aquarius Jan. 21 - Feb. 19
Personal details about your private life might be made public today. (I guess someone will find out you always wanted to fly a helicopter.) Trick or treat!

Pisces Feb. 20 - March 20
If you can travel today, by all means do. If you can't travel, just look outside, because Halloween costumes might be a stimulating change.

CONCEPTIS SUDOKU by Dave Green

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MYTH: Indigenous students don't pay tuition fees.

FACT: This is not true, but it should be.

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